



# WORKING WITH YOUR CHILD'S PROVIDER

## ORGANIZE YOUR THOUGHTS

Organize your thoughts and be prepared to share a lot of details about your child/youth. Some helpful things to think about may be:

- Identify your child's strengths
- When did the concerning behavior begin?
- Where do behaviors happen?
- What happens just before your child displays the behaviors you want treated?
- What happens after the concerning behaviors occur?
- How often does your child show the concerning behavior?
- How severe is the behavior?
- What successes have you had? What has not gone well?
- What are resources they already use?

## ASK QUESTIONS

Ask questions and talk about goals each week. Make sure you understand the skills that are being targeted and how you can support your child in practicing them at home, school and community. It can be helpful to talk about the tasks your child and you might be practicing in between sessions at the end of each meeting. Feel free to ask the therapist for copies of their notes.

## CHECK-IN

Feel free to request an appointment to meet the therapist without your child being present. This may give you a chance to speak more openly, practice skills, and feel more comfortable with your child's therapist.



## COMMUNICATE

Be open with your child's therapist. Their role is to be supportive and understanding. Having a lot of information helps the therapist set specific and helpful goals for you and your child to work towards.

Don't be afraid to disagree. If your child's therapist suggests something that doesn't work for your family, let them know. You and your child need to feel safe enough to talk about disagreements with the therapist. Your child's therapist wants you to feel heard, safe, and that the interventions are helping. If there are disagreements that are not able to be resolved, you are always able to seek out another therapist. **Remember you are the expert on your child and family.**

## TAKE NOTES

Jot down notes between sessions to help track progress and determine what is working and what is not. Notes may include:

- Questions you have for the therapist
- Any changes you see in your child's symptoms (how often, how severe)
- Any successes or challenges you and your child have had

**“When you work collaboratively with your child's therapist, you will see more progress and feel more empowered in ways to support your child. You will drive therapy home.”**

-CBHS Staff